

Reasons to Consider a **50**  
**SEXUAL SABBATICAL**

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## 50 Reasons to Consider a Sexual Sabbatical

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## WHAT IS A SEXUAL SABBATICAL?

**'Sabbatical**, taken from the Hebrew, shabbat or Sabbath, *'is a rest from work, or a break, often lasting two months to a year<sup>1</sup>.*' A sexual sabbatical is a time in which you rest your body *and life* from sex. Similar to a 21-day dietary Daniel Fast, this is 31-days of rest from sex.

Take a look at each reason and if more than a few resonate, then I'd be more than honored to be your Wait Coach. To schedule a 15-minute complimentary Wait Session, email [stacisweetandco@gmail.com](mailto:stacisweetandco@gmail.com) and let's discuss if a temporary sexual sabbatical is right for you.

## RELATIONSHIP ISSUES

1. To teach your partner a lesson.
2. To show your partner you can live without sex.
3. In toxic relationship and realizing you allow the cheating and abuse because of the great sex and know that you need to pull away.



4. To make sense of your present relationship.
5. To test your relationship.

## GETTING READY FOR MARRIAGE

6. Living with your partner and would like to put sex on hold for a while.
7. Recently engaged.



8. In premarital counseling and instructed would need to do so.
9. To give your future husband the gift of purity on your wedding day.
10. Want to save yourself for your future husband.

## EX ISSUES



- 11. Need time to get over, heal and forgive your ex.
- 12. Recently divorced.

## DATING CONSIDERATIONS

- 13. About to enter the dating scene and want to learn how to date without having sex.



## GYNECOLOGICAL

- 14. Tired of being used sexually.
- 15. Contracted STD.
- 16. Had an abortion and hurting from decision.

## ADULTEROUS CONSIDERATIONS



- 17. Tired of having sex with your married boyfriend.
- 18. Tired of being the proverbial side chick.
- 19. Ready to leave sugaring and your 'arrangement'.

## FOR SEX INDUSTRY PROFESSIONALS

- 20. Ready to leave the industry, but can't figure out how you'll support yourself without it and need time to figure things out.
- 21. Tired of the sex game and ready to retire.
- 22. Porn viewing and re-enactments have gotten out of hand.



- 23. Realized the only thing you're good at is sex and want to discover your true calling.
- 24. No longer want to be a professional escort and looking for a way out.
- 25. Have been 'on the stroll' for years and ready to stop.

## VICTIMS OF SEXUAL ASSAULT AND HUMAN TRAFFICKING

- 26. Have been a victim of trafficking and need help with sexual decisions.
- 27. Have been a victim of sexual assault and need time to heal.

### RELIGIOUS REASONS



- 28. To take some time to get closer to God.
- 29. Lost your virginity too soon and desire to do it God's way.
- 30. Want to study the purpose of sex so that you can be better educated with your decisions.
- 31. Hold a church leadership position and no longer want to feel hypocritical.
- 32. Really enjoy sex but know you shouldn't be doing it outside of marriage.
- 33. Have thought about it, but the women in church make it seem unattainable.
- 34. Saved and want to live life as a sexy, sexually pure single.

### PURPOSEFUL REASONS

- 35. Ready to discover your purpose without distractions.
- 36. Want to discover who you really are when you no longer have sex to offer.



- 37. Ready to discover who you are apart from your sexual identity.

## PERSONAL



- 38. To take some time to focus on you.
- 39. Want to see if you can fully commit, but afraid of being alone.

## PARENTAL

- 40. Taking the Mother-Daughter challenge.
- 41. To be a better example for your daughters.



- 42. Realized daughters looking at your example and see they're repeating your mistakes.
- 43. To show your sons, by example, what type of woman to choose.

## SEXUAL IDENTITY

- 44. To curve your attraction for other women.
- 45. No longer want to be labeled a THOT.
- 46. Recovering sex addict.
- 47. Tired of feeling guilty after sex.
- 48. Just need a break and ready to give your body a rest.
- 49. Want to test yourself to see if it's possible.



## FOR YOUR GIRLFRIEND'S

50. One of your girlfriend's just came out of a bad relationship and has a habit of having sex too quickly and you want to do something to support her until Mr. Right comes along.

**BONUS:**

In a Girlfriend's Challenge, to see who can go the longest.



We offer individual, Girlfriend (up to 3), and Group (4 or more) Packages! To schedule your complimentary 15-minute Wait Session, feel free to drop us a line @ [stacisweetandco@gmail.com](mailto:stacisweetandco@gmail.com).